

Welcome to "Charger Chatter!" Volume 1

This short E-mail is designed to Celebrate Activities At Duchesne Academy.

This e-mail was written on 9/11 as we were "hunkering-down" for Ike!

Chargers KO Kinkaid in VB! After a rough and rocky beginning of the season, last Tuesday, or "Sirens in Spandex" sparkled versus the Kinkaid Falcons at their nest. The home crowd was perched quietly in the bleachers all evening as our Chargers took all the matches, winning the freshman and the JV games, too. While short in the stature, our US ladies flew all over the court showing dramatic improvement as they learn how to work together under Coach Carman's direction. Led by juniors Bethany Voss, Cat Liles, Kendra Lynch and Logan Piper, the varsity hopes to continue to improve as they approach District competition. For more information go to the Duchesne website.

Cross Country Teams Build Momentum! Sophomore, Shannon Klenke and 8th grader Jackie Manley ran fast enough last weekend to bring home the gold medals for Duchesne at the Lutheran South Challenger 7 Invitational. Shannon took first in the 2 mile varsity race, while Jackie led the field in the 1.5 mile event for middle schoolers. They were not the only ones to bring back hardware. In the JV Division, Kate Woodward placed 3rd, Katherine Gordon placed 7th, and Emily Donaldson was 14th. Coach Allen thinks the possibilities at District are there if these JV runners along with Varsity Upper Classmen, Junior Dolores Lozano and sophomore Karen Haney push themselves as they round into shape.

Overall 12 middle schoolers competed as a team and placed 4th out of 7 teams. The best result is everyone finished the 1.5 mile course without stopping. In order of their finish behind Jackie were: Coco Garrett, Rebekah Smith, Bailey Blocker, Lilly Pham, Abigail Kurtzman, Brittany Ramesh, Ariana Lee, Sandhya Sihra, Elizabeth Whitcomb, Maria Amaya and Mary Taylor. Congrats ladies! For mental toughness.

JV FH Cruises, Varsity Bruises! The JV FH team took advantage of strong mid-field and goalie play and beat Episcopal's JV team 2-1. Under the lead of new Coach Mike Baker who the next day could not stop bubbling in his British brogue, about how proud he was that all the members of his team "rose to the occasion". The varsity squad, was not so fortunate as they faced Episcopal High School's finest and lost 6-0. Coach Shah is hopeful his team will continue to improve as he works to replace 13 seniors from last year's squad.

Sports Shorts: "Hats Off" to Mrs. Gleaves as she used the Heimlich Maneuver on one of our students last week. Her comment afterwards was "IT WORKS!" She said this with a smile when modestly talking about using what she learned in First Aid Training.

Picture is worth a 1,000 words. Manny G. Photography visited Duchesne Varsity games in [Field Hockey](#) and [Volleyball](#) last week and his pictures can be viewed on line at <http://mannyg.zenfolio.com/>. Please enjoy.

Thank you for your attention. Be Safe, and no swimming team until after Ike! Go Chargers!

Welcome to "Charger Chatter!" Volume 2

This short E-mail is designed to Celebrate Activities At Duchesne Academy.

Upper School VB Team Undefeated in District! Last night our Varsity Volleyball Players were victorious in their **first District game** of the season, against Beaumont Kelly at Kelly. In a 4 game match our lovely ladies won 28-26 (a come from behind thriller), 28-22, 17-28 (opps!), and finally 25-20 (another come from behind thriller). Both the first and last games looked hopeless against this much taller opponent, as our girls snatched victory from the jaws of defeat. This very sensational level of play was after only two days practice when school reopened. Coach Carman was very pleased with her team's constantly improving level of defensive play throughout the match, especially during the last game when the threat of a Friday practice spurred "Squad Spandex" to victory. Congrats ladies and good luck tonight as you take on Houston Christian at home. Go Chargers!

Middle School Field Hockey foils ROB! Tuesday evening, our 8th Grade Field Hockey team started the second half of the season in style by beating ROB 3-0. This is important as the second half of the season will determine seeding for the HJPC season ending tournament. Coach Gleaves believes our players did very well for only having one practice day after our two week "Hurracation" layoff. She attributed the victory to good team passing which set up all three goals. Our 7th grade team, which was also coached by Mrs. Gleaves in Coach Sinclair's absence tied their match 0-0. Our MS team's next game is today in the Woodlands. Good luck and keep improving!

FH Ladies Play a Double Header – Wednesday afternoon at bright and sunny Charger Field, our JV team split into two teams and took on the JV squads from St. Johns and Kinkaid. Buoyed by their Tuesday night 4-0 victory over The Lamar High School Club Team, Coach Mike Baker's viewpoint and detailed recap of all three games. For details on our Varsity FH Team, and their exciting win over Lamar on Tuesday, please find Coach Shaw's recaps in the same place. Both teams will be in action tonight as they take on Episcopal High School at our field. Let's get them all in one week! Wow!

Chargers Ramble at Houston Christian – While most of our athletic teams were disbanded during the Aftermath of Ike, our Cross Country Team continued to run over hill and dale, competing in the Texas A&M Invitational and The Houston Christian Scramble. Shannon Klenke ventured out to Bryan/College Station and captured 3rd place in the rescheduled event against other public and other private school runners. Gaining 3 other friends, last weekend Shannon won the Houston Christian event, followed by Kate Woodward (39th), Katherine Gordon (40th), and Emily Donaldson (45th). Our lone Middle Schooler was Emily Partridge and she won a medal by placing 7th over the 1.5 mile course against some of the toughest MS competition in Houston. Good job ladies. Best of luck this weekend running in the Bayou and in two weeks at John Cooper at the Dragon Invitational.

MSVB Starts 2nd Half of Season with a BANG! – Again, after 1 afternoon of practice, Coach Chien led our Middle School Super Stars to victory in both the 7th and 8th grades against KIPP Academy. The 7th Graders started the afternoon off with a pair of victories - 25-13 and 25-20. The 8th Grade Team followed suit by winning their games 25-10 and 25-20. There were a lot of smiles on the court and in the stands. Tonight our Vibrant Volleyball players are taking on St. Francis Episcopal at their place. Go get the Chargers.

Welcome to "Charger Chatter!" Volume 3

The theme for this "Chatter" is Congratulations and Best Wishes!

Our Chargers Shine Brightly at State! On Saturday, October 18th in Waco Texas, over 115 young ladies from across the great State of Texas toed the starting line for the TAPPS Girls 5A (Largest Schools) Cross Country Championship Race. Running for Duchesne were Super Salsa Dancer [Delores Lozano](#) and Sophomore Canadian Transfer student [Emily Donaldson](#). In the highlight performance of the day, our final runner for DASH trailed the lead runner from Nolan Catholic School in Ft. Worth through almost the entire 2 mile course, at times by 6 seconds or more. After a determined and gutty effort, wherein she passed her rival during the last 150 yards of the course, it is my privilege to present to all of "Charger-Land" the [2008 Girls 5A State Cross Country Champion... Sophomore Shannon Klenke](#). Congratulations to all three ladies for going to State. "You Rock!"

Charger VB Team Heads to State on Monday! Despite playing without one of their best players, who was injured, our Varsity Volleyball Team beat IWA last Thursday and punched their ticket to the State Volleyball Playoffs. Substituting Sophomore Megan Swonke for injured Kendra Lynch, our girls were able to win with good defense and focused play. Monday, Coach Carmen West and her very young team are headed west to play Incarnate Word Academy from San Antonio in the first round series of the playoffs. So, Monday morning go find a Varsity VB player and give her a "High Five" and wish her good luck. Do not wait until Noon, because they will be gone to do battle for Good Old Duchesne! Go Chargers! We are proud of you!

US Field Hockey Team ends season on a Good Note! In a season that was strongly shaken by a visit from Hurricane Ike, Coach Amit Shah and his fiercely focused "Chicks with Sticks" Field Hockey team won their last game, 2-0 on Thursday. Playing Lamar High School in a game that was rescheduled many times, several Seniors played their last FH game for the Blue and Gold of Duchesne. Many thanks to the following Seniors for their leadership and direction throughout the season: Shannon Fleming, Katherine McKenna, Kelcy Mayell, Fernanda Gonzales, Carmen Gonzales, Sara Gleaves, Ann Davis, Olivia George, and Daniela Kuri (DNP). We wish you all the best! Thank you!

Middle School Cross Country is on the Run! During the past 10 days, our MS Charger XC Runners have been scampering across the terrain and garnering many awards. Last Saturday, they ran the 1.5 mile course during the 2008 St. John's Ramble and placed second overall against a lot of teams. Four days later, these young ladies traversed another venue in the AOS Dolphin Dash. Our 7th Graders took 3rd in their Division, while our 8th graders distinguished themselves by taking top honors by individually placing 1st, 4th and 8th. This is in good preparation for next Tuesday HJPC Conference Cross Country Championships, to be held at the same venue as the Dolphin Dash! We wish all of our brave runners, who covered the 1.5 mile course without stopping, best wishes and continued success. Go Chargers!

ALL MS Teams in Tournament Competition Next Week! We also extend our Best Wishes to our other Middle School Teams who will be entering HJPC Conference competition next Monday. Our MS 8th Grade Volleyball Team will be hosting The St. John's School in the first round of the tournament at Duchesne. Our 8th Grade Field Hockey will do battle against Kinkaid at Kinkaid beginning at 5:15 pm. Both teams have a good chance to continue to advance if they continue to listen to their coaches Chien and Mrs. Gleaves. Go get them girls and good things will happen!

Middle School Spirit Day Rocked! After many postponements, last Thursday marked the first of what is hoped will be many "Spirit Days" for Duchesne Middle School. The best analysis of what took place amongst all of the signs, pompoms, and face tattoos was best said by Middle School Head Julie Meyer in her latest MS News Up-date: "Yesterday we had a wonderful Spirit Day. It was great to see the energy on campus. Quite frankly, after all that has occurred over the last month we all really needed to just have some fun." And fun was had with 3 of our 4 teams able to participate. Many thanks to our Booster Club for their support and to Sage Dining who provided the food during the event. Way to go Middle School Spirit Team! You folks were awesome and so were the teachers who stayed and helped make this a success. "We've got Spirit, how about you" is still echoing in the halls!

Welcome to "Charger Chatter" Volume 4

Charger Volleyball Players Honored! Two members of the Duchesne Charger Varsity Volleyball Team were recently selected to the 2008 TAPPS ALL-State VB Team. For the second year in a row, Junior Bethany Voss was selected to the Second Team as an Outside Hitter. This is not Bethany's natural position. But she has excelled at it because her coach, and team, needed her to play there. Her goal next year is to improve even more and take the State's next highest honor. Also selected to the All-State Team from Duchesne was Junior Kendra Lynch. This is a first for Kendra and well deserved. Congratulations to both of these athletes.

Varsity Soccer Rolls! Duchesne's Varsity Soccer Team won its first District Soccer game last night against Incarnate Word Academy. The score was 6-1, however it sounded like a difficult game in the beginning. The Team's record is currently 2-4-2 for the season. Tonight we will be having a first at Duchesne as we are hosting The Rosary Sacred Heart School from New Orleans in a Varsity game. It starts at 5PM.

Coach Shah has a new Title! Effective January 1st, Coach Amit Shah will assume the newly created position of Assistant Athletic Director and Coordinator for the Athletic Department. In this new position he will be relinquishing his responsibilities at Upper School PE instructor. His replacement will be Coach Sandi Morales, who is currently JV Volleyball Coach. Coach Shah will report to Mr. Rollins and Coach Shah will begin reporting to Dr. Flory. Congratulations to both Coaches and we look forward to both of your successes.

Letter Jackets Order Will Be Taken. For those of you who have earned a Varsity Letter and wish to purchase a letter jacket, Neff will be here on December 17th at 3:00PM. If you are really interested, please come to Mr. Rollins' Office to pick up a packet. We expect that the jackets will have a turn-around time of 5-6 weeks, and should be able to be worn in the spring (instead of the summer)!

Varsity Swimmers Sink Two This Week! The Aqua-Chargers swam to two victories this week in dual meet action. On Tuesday, our swimmers swamped the Falcons of Kinkaid in a meet held down at the U of H. For the first time ever, our girls win every single event in the meet. On Thursday, our ladies put on their Lycra caps and splished and splashed to a 103-62 victory over the St. Johns School. The season continues to look very promising. The victories, plus wins over St. Agnes and 1st place at the Private School Invitational against 14 other schools bode well. Their next meet is next Friday in Conroe at their Holiday Relay invitational. Good Luck Ladies.

Welcome to Charger Chatter Volume 5

Charger Honored by the Chronicle

Our **Shannon Klenke** was honored by the Houston Chronicle as one of the Top 10 Cross Country Runners in the Greater Houston Metropolitan Area. Shannon earned that honor this winter with a lot of victories, including the State TAPPS Largest School Cross Country Division Title. She was the only private school athlete selected for this honor this year, and may be the first ever select at Duchesne. Take a bow Shannon. Congratulations!

Middle School Soccer Team Strikes and Scores

Our 8th grade MS Soccer team began their playoff run last night with a strong 9-0 win versus the St. Francis Wolves. Tonight our girls play Kinkaid in the semi-finals for the right to advance to the playoffs. The game is scheduled for Tuesday with the possible Finals match to be played on Thursday. These ladies went through the regular season undefeated, however winning the HJPC Championship could prove more of a challenge. Hope not, but that is why they play the games. Wish them luck in the halls when you see them. **Congrats Coach Mirko!** Let's Go Chargers!

Middle School Swimmers Succeed

Our MS swim Team (also known as the **Seahorses**) competed in the HJPC Championship Swim Meet last week and placed 2nd. Placing in the Top Three places during the meet were: **Emma Partridge, Tara Virginillo, Lilly Pham, and both relays**. This was a strong effort by the whole team. We are certainly proud of all of you and **Coach Carolyn Malicki –class of 2007**.

Varsity Soccer In The Playoffs

Coach Shah's streak of 7 straight visits to the playoffs will continue this weekend as our Chargers head north on Saturday to play the defending State Champions Ursuline Academy. Our girls worked hard and placed 4th in District play to earn the honor. So if you see one of our rough/tough soccer player in the hallway, make sure you do not step on their feet as they will need them this weekend. Join me in wishing Our Chargers the best and thank them for an excellent season to-date.

Varsity Swimmers Head to State.

The "Piranha" Swim Team of Duchesne is headed west to San Antonio to compete in the TAPPS State Meet this weekend. Having earned a place at the meet are **Kendall Williams, Katie Hetherington, Ashley Hartung, Nicole Hjorteset, Morgan Alford, Carman Gonzales, Theresa Malicki, and Dawn Virginillo**. These young ladies, and their teammates recently won the **City Private and Parochial School Championship** last weekend. If you see a Duchesne swimmer, give them a "High Fin" for luck! They are going to need it as they go for their 3rd straight top 4 finish at State.

Spirit Day a Success at Duchesne

Who says that Duchesne does not have spirit? Our Middle School recently completed their 2nd "Spirit Day" Celebration on January 22nd and our Upper School followed suit the in their "First Ever" the following Thursday in support of their classmates on our winter sports teams. The pom-poms were flying and the spirit was oozing out of every pore of those cheering in the gym and out next to the field. Special "Thanks" are due to **Mrs. Julie Meyer** (Head of Middle School), **Dr. Flory** (Head of Upper School), **Michael Rudin and his Booster Club** Committee, **Tony from Sage Dining, Cecilia Alvarez, Stephanie Judd, Elevia Le** and of course **Amit Shah** for making everything run smoothly. That was so much fun, we probably will do it again in the Spring!

Welcome to Charger Chatter Volume 6

MS Soccer Team Mighty Good! Our **Charger Middle School 8th Grade Soccer Team won the HJPC Championship** going undefeated in conference play during the season and in the championship tournament. But, it certainly was not as easy as it sounds. After two close games in the first two rounds of the tournament, Coach Mirko Castillio's Chargers finished the Championship Game tied at the end of regulation time in another nail-bitter. The game went into a overtime- penalty kick shootout and one of the heroes of the game was **Madeline Jordan**, our goalie, who stopped St. Michael's awesome team when she needed to make the difference. This was a very good year for this MS team which scored over 50 goals while permitting only 4 for the opposition. Pictures of this event are on the bulleting board across from the locker room. Great Job 8th Graders. You Rock!

US Softball New Field and Better Team! Upper School Softball started their season strongly as they have **played three games and shined in all three**. Their season began in a rain shortened game against Second Baptist School and one of the best pitchers in the State. The result a 0-0 tie after 3 innings. They followed that effort with their home opener at our newly blessed athletic field at St. Mary's Seminary. **After the blessing of the field and Sister Dunn throwing out the first pitch**, our young players came from behind and beat The John Cooper School 6-1. And finally, on a sunny, dry afternoon, Coach Ernie Mercado's team pounded out a 6-0 victory over St. John's School on Thursday. The Chargers play next at Kinkaid on Tuesday.

US Tennis Squad beats Conference Rival! Duchesne Tennis Team visited District rival St. Agnes Academy last week and came away with a 3-1 victory. Our Ladies won both doubles matches with **Clothilde Thirouin** and **Nicole Pantjo**, plus **Emily Hellman** and **Catherine Butler** sweeping the Tigers away. **Jenna Dodge** won the #1 singles match and helped seal the victory for the Chargers. Our team's next District match is Wednesday versus St. Pius at Lost Forest Courts. Good Luck ladies. You tamed the Tigers, now pummel the Panthers.

MS Softball wins opener! Duchesne begins their defense of their 2008 Conference Softball Championship with an opening day win at Charger Field (on campus) against Johnson Middle School last Thursday. The final score was 5-2, with the highlights being many. But none were bigger than **Rienzi Reckling's** 8 strikeouts in 4 ½ innings or **Elizabeth Lippman's** double which earned her an RBI. With several returning starters from last year's team and many promising 7th graders, having another successful season is not out of the realm of possibilities for **Coach Chien's** Chargers. Good luck and have fun!

US Swimmers Shine at State Meet! Our Duchesne Aqua-Chargers stroked to a 5th place finish in one of the most competitive TAPPS State Swim meets in recent history. The top 5 teams were separated by 30 points with our girls finishing behind St. Agnes, Bishop Nolan, Ursuline Academy and Bishop Lynch. **Katie Hetherington**, a sophomore defended her Division 1 State Diving Title with another strong performance off the 1 meter board. Sophomore **Kendall Williams** represented Duchesne well by taking 2nd in two of the toughest events in a swim meet, the 200 Individual Medley and 500 Freestyle. In both races she was more than competitive against the current state champions and record-holders. Our 200 yd Medley Relay took 3rd place medal honors with **Dawn Virginillo, Nicole Hjorteset**, Kendall Williams and **Ashley Hartung** getting the job done. All of the above were honored by being selected to the **All State Swimming Team**. Other Duchesne swimmers making it to the finals were Dawn Virginillo in the 200 and 500 Freestyle, Nicole Hjorteset in the 200 IM and 100 Breaststroke, Ashley Hartung in the 50 Free and our Freestyle Relays of including all of the above (except Katie) plus **Morgan Alford** and **Theresa Malicki** (**who also gave the invocation at the Finals!**). On a sad note, this was **Coach Carolyn Malicki's** last meet as one of our swim coaches for the past 4 years, and prior to that, 4 years as a former captain and highly decorated member of our Charger Swim Teams. Good luck at law school. We will miss you!

Several Chargers win Athletic Honors! A large number ladies earned All-District honors in winter sports. We are very proud of all of our teams and these young ladies who have excelled on their respective teams and in the classroom. They are:

US Soccer: 1st team All-District: **Shannon Klenke, Karen Haney**

2nd Team All-District: **Jackie Waterland**

Honorable Mention: **Meagan McCormack and Maya Barrett**

US Basketball: 2nd Team All-District: **Katherine McKenna, Arielle Nunmaker**

Honorable Mention: **Danielle George, Sarah Flores**

Charger Athletes Winners in the Classroom! Two swimmers were honored for their athletic performance in the pool and academic performance in the classroom. **Earning Academic All-State honors for Swimming is Morgan Alford.** To earn this honor she had to place in the Top 6 finishers at the Regional Meet and have a cumulative GPA through her Junior First semester higher than 3.6. Morgan is also next year's Captain of the Swim team. Joining Miss Alford on the academic award stand is **Senior Charlotte Fostey who was recently nominated for Academic All-American** status. To be eligible for this honor she had to earn a varsity letter, plus have a cumulative GPA through her first semester of her senior year of 3.75 or higher. Charlotte has certainly done both as a valuable Breaststroker on our team for the past two years, Congratulations to both of you!

Nash Honored in Field Hockey- 8th Grader **Morgan Nash** was selected to play in the Junior Olympics National Invitational in Florida in early February. She was selected out of over 1500 players across the nation and was one of 5 players selected from Texas. This is a terrific honor for Morgan and we wanted to let her know we are proud of her.

Welcome to “Charger Chatter” Volume 7

With Easter right around the corner and April flowers in full bloom, Duchesne athletes are preparing themselves for the challenges of end of the season Championships. Out Track Teams are excelling at running, jumping and throwing things all over our athletic fields. Our Softball Teams are having winning seasons with hopes of doing well in District and Conference play. Our Golfers are up in Dallas competing in the first and coldest Regional Golf Championship, where hand-warmers are more popular than birdies. And just today, our Tennis Team is competing for District honors and the right to proceed onto Region competition and ultimately State.

Softball! Both of our school teams are excelling on the field. Stunningly, our US Softball Team's record is 12-3-2 for the season, an historic accomplishment to-date for this sport at Duchesne. Tonight our Diamond Darlings will play a very important District Game against the Panthers of St. Pius X at our field. Game time is roughly 5 PM. Please come and support.

Our MS team has also looking good, despite a rough bump in the road last week. They are currently ranked second in the conference, behind St. John's School. Tonight they are playing a road game over at Second Baptist starting at 4 PM. That is also practically a home game as it is just around the corner on Voss Road, before San Felipe.

Track ! Our US Track Team has been competing all over Houston lately. Last weekend they placed second in a very competitive Crusader Relays held at Concordia Lutheran HS. This is a positive step as several performers were absent and others rose to the occasion. Our girls are working hard in preparation for the upcoming District and Regional Competitions after Easter. We wish them the best as they try to wrestle the Championship trophy from St. Agnes.

Our MS Charger Track team is also competing with pride and good results. Last week our young ladies in the 8th, 7th, and 6th grades circled the track over at St. John's School. The results were impressive as some of our athletes were also unable to attend. Our 8th Graders worked hard and finished 2nd to Kinkaid (a conference opponent). They won a plaque. The 7th Grade striders also took 2nd place to River Oaks Baptist in a very close finish. ROB is also a conference opponent. Finally, our 6th grade team jumped up and tied for 3rd place in the Maverick Relays with Kinkaid. The difference is close and we hope our runners do not eat too much Easter Candy this next weekend.

Tennis! Our Tennis Ladies are today trying to reclaim the District Championship they surrendered last year to St. Agnes. Our prospects look good, plus we believe that all 6 of our players will proceed to Regionals which will be held in Dallas next week. This may be one of the strongest teams top to bottom in this school's 49 year history.

Golf! The ladies of the Links are currently feeling like they are playing in a snowstorm up in Dallas in the Regional Tournament. Coach Thomas Brown has his Chargers poised to be very competitive with several new players developing themselves this year. Good luck ladies!

Welcome to “Charger Chatter” Volume 8

Tennis Team Is on a Roll – Last week our Upper School Varsity Tennis Team went to The District Tournament and came away with many top Honors, including the **Girls District Tennis Team Championship** over 5 teams. Winning the Doubles competition was Duchesne’s duo of **Clothilde Thirouin and Nicole Pantoja**. They took the crown from our second Doubles Team of **Catherine Butler and Emily Hellman**. The finals were like the TV Show Family Fued and speaks well of the depth of our team. In Singles, **Jenna Dodge** came up short of defending her District Title in a tough match but earned point for Duchesne as District Runner-Up. Also earning points to help our TEAM was **Kelsey Van Noy** who made it to the semi-finals and placed 4th overall. These ladies brought home the Trophy and are all heard to Regionals.

Tennis Up-date: **Everyone one of our tennis entries is going on to State Tennis Tournament.** All of our teams won their quarter-final match which earns them a chance to proceed onto the State Tournament to be held in Waco next Friday and Saturday. Good luck in the semi’s and finals. Hat’s off and High Fives to the whole team and Coach Carman West for a very strong season. A special note and high five should also go to Lexi Cunningham who is doing an over-head smash of a job as first alternate and head spirit-keeper for our Team. Keep it going!

Track Teams have Record Breaking Seasons – **There are several school records that have been broken or are in jeopardy of being broken by both our MS and US Teams.** **Shannon Klenke** continues re-write school records in the mile and two mile distance events, and has added the 800M event into her repertoire breaking the record in the 800M last Thursday at the Episcopal High School Meet. Several other US Records are within range and can be seen on our **New Track Record Board located in the Gym**. You might also want to look at it quickly as the Middle School side of the board will be changing by the end of next week. Already the **Long-Jump** record has been broken by **Nenye Okoro** when she by-passed **Whitney Larkin’s** record by jumping 14’10”. **Jackie Manley** rewrote the **800M Run** record of **Elizabeth Sithomer’s** Record set in **1997** by running 2:28.7 for two laps around the track. Plus, the **400M** record of **Ashlee Holmes** was broken by **Sarah Welter** who ran a record 1:04.74 time. The newest record to adorn the New Board will be **Bridget Daly’s** is 32’6.75” Triple Jump which is challenging the School Record for both Varsity and Middle School. Go for it Bridget! There are many other records primed to fall in all grades as our Track Team’s future looks very bright.

All Track Teams will be competing next week in their respective District and Conference Championships. We wish you all the best of times, heights and distances. Come out if you can and support your Chargers! You folks ROCK!

Jump Rope for Heart Might Set Record – Grades 3 through 12th have accepted the challenge to break Duchesne’s Record of \$10,000 raised to help fight Heart Disease the nations #1 Killer. While the tally is not yet completed until Friday, our PE Classes have worked hard jumping rope in Gym Classes in an effort to get healthier, plus bring attention to Heart Disease and Stroke and their importance for kids as well as adults. In their health classes their teachers have talked to them about their future health without exercise and how high the incidence of diabetes and cardiovascular disease can affect their lives without research and awareness. The response has been most gratifying. Thank you to all who have participated and contributed to this worthy cause. This is a huge effort behind Goal #3 and #4 direction from our Sacred Heart community. Hat’s off and do not be surprised if we make it happen! This is a win-win situation for everyone!

